

PHYSICAL DISTANCING

WHAT YOU NEED TO KNOW

Physical distancing is to distance yourself from others to prevent the spreading of an illness.



This is important because COVID-19 is primarily transmitted through coughing or sneezing or droplets of saliva or discharge from the nose.

Maintain at least a 2 meter distance between yourself and anyone around you.



Avoid gatherings.



Avoid physical contact such as shaking hands when greeting others.



Reduce the number of passengers riding in one car.



Work from home if possible.



For more info. on coronavirus disease 2019 (COVID-19)
visit www.moph.gov.qa or call 16000

